

VI Pregnancy, Child Birth, Child Rearing and Education

VI-1 Pregnancy and Child Birth

1. When Pregnant

Notify your municipality that you are pregnant and planning to give birth, and you will be given a Maternal and Child Health Handbook. This handbook will serve as an important record of various items for pregnancy, child delivery, and necessary vaccinations for the following seven years. Some municipalities have translated the handbook for expectant mothers into foreign languages.

English, Chinese, Portuguese, Spanish, Korean, Thai, Indonesian, Filipino and Vietnamese translated versions of the Maternal and Child Health Handbook (issued by the Mothers' and Children's Welfare Association Public Interest Inc. Foundation) can be purchased by mail from the organization below.

(Maternal and Child Health Project Group Ltd [URL http://www.mcfh.co.jp/](http://www.mcfh.co.jp/))

For more information, contact:

Mothers' and Children's Welfare Association Public Interest Inc. Foundation

[URL http://www.mcfh.or.jp](http://www.mcfh.or.jp)

☎ Main Office: 03-4334-1151, West Japan Office: 06-6941-4651

2. Costs

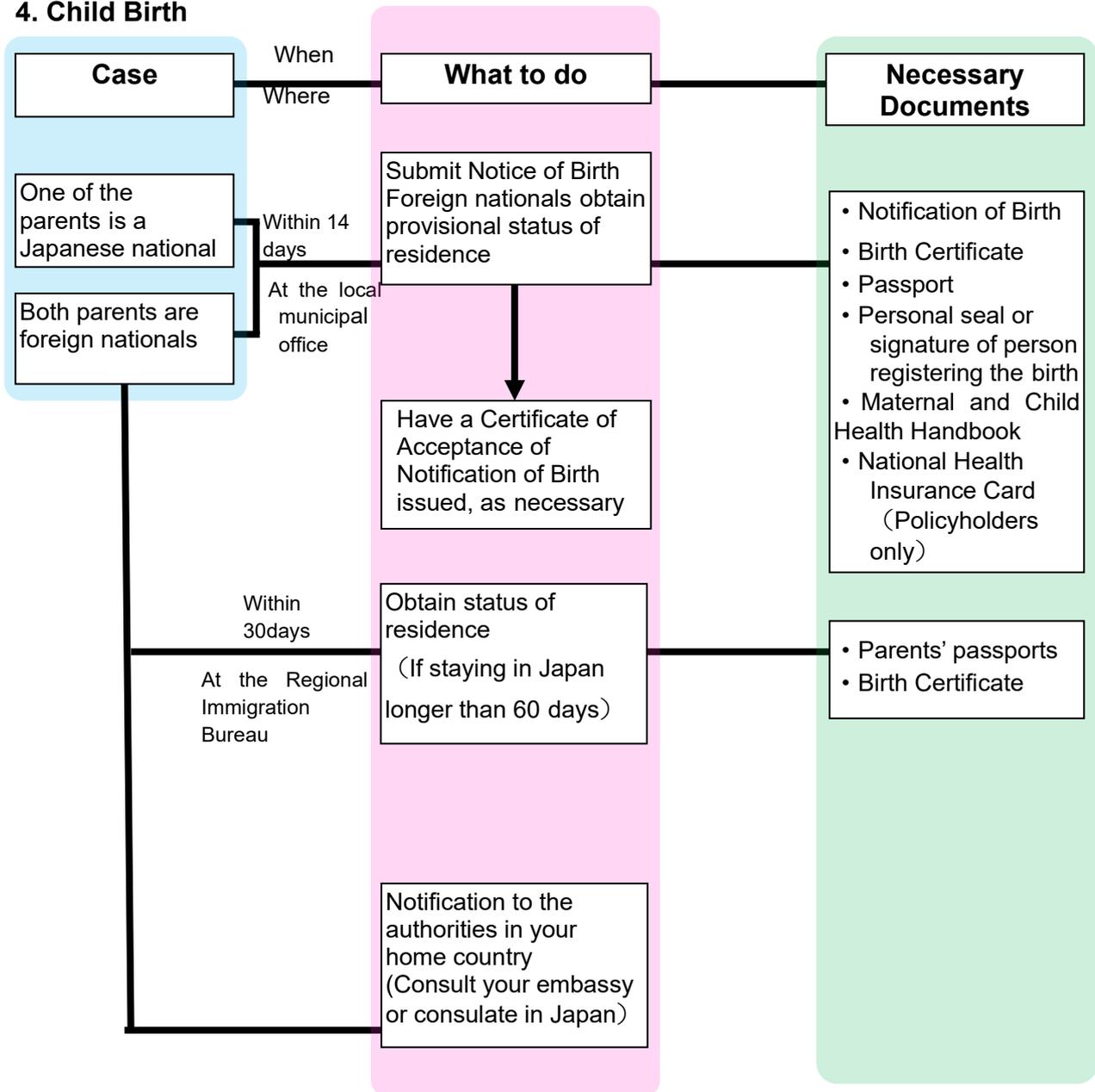
Normal pregnancies/child deliveries are not classified as illnesses and thus are not covered by health insurance. Instead the health insurance system provides expecting families with a predetermined amount of money, approximately 420,000 yen. It is common for mothers who have given birth in Japan to be required to stay in the hospital for four to five days, and the costs involved in hospital admission generally run from 400,000 to 500,000 Yen. This figure differs depending on the hospital. The Lump-Sum Allowance for Childbirth and Child Care provided by health insurance system is paid directly to the medical institution at the request of either an insured person or a hospital. This system eliminates the need to pay the entire childbirth expense to your hospital. Applications are made at your local municipality office for the provision of the costs involved in childbirth for those with National Health Insurance coverage. (Appendix Page 62 IX—1)

For women who cannot deliver their babies in a hospital for financial reasons, there is a system called "Child Birth Support" that aids in admission to a Child Birth Support facility where expectant mothers can deliver their babies without worry about costs and receive support for the costs of child birth. For details, inquire with the Welfare Department or Health and Welfare Center in your municipality. Self payment may be required, depending upon your income.

3. Assistance during Pregnancy

The expectant mother must visit the hospital on a regular basis during her pregnancy. Depending on the municipality, health examinations for expectant mothers are offered free of charge. Please inquire at your local public office or municipal medical health center. (Appendix IX—3)

4. Child Birth



(1) Notification of Birth

When a child is born, the responsible doctor or midwife will issue a “Birth Certificate”. Even when both parents are non-Japanese, a “Notification of Birth” should still be submitted to the municipality office within 14 days of the birth. Foreign babies born in Japan automatically hold provisional status of residence. If the baby is a foreign national, please hand in a “Certificate of Acceptance of Notification of Birth” issued by the municipality office to the embassy or consulate of the baby’s nationality in Japan.

(2) Child without Japanese Nationality

If a new born baby’s parents are foreign nationals and the baby does not have Japanese nationality, an application of “Acquiring Resident Status” should be made at the Regional Immigration Bureau within 30 days.